

Fatigue

Fatigue is a very common side effect of cancer treatment that can disrupt your ability to do everyday things. Here's what you can do to help deal with fatigue.

TRY THIS

Ask for help. Reach out to friends and family to help you with chores and errands.

Set priorities. Identify the most important tasks each day, and then focus your energy on those tasks.

Keep a schedule. Wake up, go to bed, and rest at the same times each day.

Be active. Get an energy boost with exercise, even if it's only for a few minutes.

CHECK THIS OUT

Visit the Springboard page on Fatigue.

<https://smokefree.gov/springboard/symptoms/fatigue>

Listen to this audio recording for ways to deal with fatigue caused by cancer treatment. <http://go.usa.gov/xxAeQ>

Find out what caregivers can do to help you. <http://goo.gl/27UKHH>